

CRUSH H

the Cough

Ask your parents about getting the Tdap vaccine.

(It's required if you're going into 6th grade)

Tdap protects against:

Tetanus - also called lockjaw, tetanus causes painful tightening of the muscles. It can lead to "locking" of the jaw so the person cannot open his mouth or swallow. Tetanus can be deadly.

Diphtheria - can lead to breathing problems, paralysis, heart failure and death.

Pertussis - also called whooping cough, causes coughing spells so bad that it can be hard to eat, drink or breathe. These spells can last for weeks. Pertussis can lead to pneumonia, seizures, brain damage, and death.

Other important vaccines can protect you against:

Meningitis - an infection of the fluid of a person's spinal cord and the fluid that surrounds the brain. It can lead to loss of a limb, brain damage, or death.

Human Papillomavirus (HPV) - certain types of HPV can cause genital warts in men and women. Other HPV types can cause cervical cancer. The HPV vaccine is approved for females and males between 9 and 26 years of age.